

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2013

Ramen Noodle Skillet Bean Dip Slow Cooker Beef Stew Fruit Crumble Zippy Noodle Casserole

Ramen Noodle Skillet

2 teaspoons vegetable or olive oil
1 cup chopped onion (about 1 medium onion)
1 carrot, chopped or sliced into small pieces
2 cups frozen broccoli stir-fry vegetable mix
2 cups cooked meat or poultry, cut into bite-size pieces
1 cup water
1 package (3 ounces) beef-flavored instant ramen noodles

1. Heat oil in a large skillet. Add onion and carrots; sauté until soft, about 5 minutes.
2. Thaw the broccoli mixture in the microwave and drain.
3. Add the broccoli and cooked meat to the skillet. Cook and stir about 1 to 2 minutes.
4. In a small bowl, mix the water with the ramen noodle seasoning packet and stir. Add to the skillet.
5. Break apart the ramen noodles. Add to the skillet when the water simmers; stir. Cover the skillet and cook until done, about 2 minutes.

Recipe Source: <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 4 servings. Each serving has 380 calories, 16 grams of fat and 21 grams of carbohydrates.



Bean Dip

1 can (15 ounces) pinto beans, drained and mashed
1 container (15-16 ounces) salsa
1 can (4 ounces) diced chilies
1 cup shredded reduced-fat cheddar cheese

1. Mix all ingredients together and heat (in a microwave-safe bowl in the microwave or in a saucepan on the stove) until heated through.
2. Serve with tortilla chips.

Nutrition Note: This recipe makes 16 servings. Each serving has 40 calories, 0.5 grams of fat and 6 grams of carbohydrates.

Breastfeeding: Why breastfeed?



“To have a healthier baby.”

~ Chelsea, WIC Breastfeeding Mom from Fort Totten, N.D.

For more information about breastfeeding,
check out our breastfeeding website at
www.ndhealth.gov/breastfeeding.

Slow Cooker Beef Stew

1½ -2 pounds beef stew meat, cut into 1-inch cubes
¼ cup all-purpose flour
Salt and pepper to taste
2 cups low-sodium beef broth
1 clove garlic, finely chopped
3 medium carrots, sliced
3 medium potatoes, diced
1 medium onion, chopped
1 stalk celery, sliced
1 teaspoon dried thyme leaves, crushed
1 bay leaf



1. Place the meat in a slow cooker.
2. Mix the flour, salt and pepper in a medium bowl and pour over the meat. Stir to coat.
3. Add remaining ingredients and stir together.
4. Cover and cook on low for 8 to 10 hours, or on high for 4 to 6 hours.
5. Stir stew thoroughly and discard bay leaf before serving.

Nutrition Note: This recipe makes 6 servings. Each serving has 330 calories, 8 grams of fat and 28 grams of carbohydrates.

Tips for Raising Healthy Eaters

Be a good role model by eating meals with a variety of foods, such as low-fat or fat-free dairy products, lean meats and beans, fruits, vegetables, and whole grains.

Adapted from the Dairy Council of California

Fruit Crumble

1 can (15 ounces) sliced peaches*, drained
1 can (15.25 ounces) apricot halves*, drained
1 can (8 ounces) pineapple chunks* or fruit of choice, drained
1 can (15.25 ounces) tropical fruit salad*, drained
½ cup all-purpose flour
½ teaspoon cinnamon
¼ cup sugar
¼ cup packed brown sugar
4 tablespoons cold butter or margarine, cut up
Whipped topping (optional)

1. Preheat oven to 375 degrees.
2. Place the well-drained fruit in a 9-inch square baking dish. Mix gently with a rubber spatula.
3. In a small bowl, combine the flour, cinnamon and sugar, crumbling any lumps. Using a fork or pastry blender, cut in the butter until the mixture forms crumbs. Sprinkle over the fruit.
4. Bake until golden brown, about 45 to 50 minutes.
5. Serve warm or at room temperature. Serve with whipped topping, if desired.

* To reduce the amount of calories and added sugars, use fruits canned in their own juice instead of fruits canned in syrup.

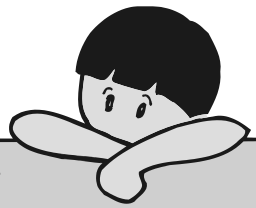
Recipe Source: NDSU Extension Service

Nutrition Note: This recipe makes 9 servings. Each serving has 200 calories, 5 grams of fat and 39 grams of carbohydrates.

HAPPY NEW YEAR



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Make "sparklers" by taping tinsel to the end of a drinking straw. Children can have fun dancing with these sparklers to celebrate the New Year!

Source: Dakota Dog Digs Food, Fitness & Fun!

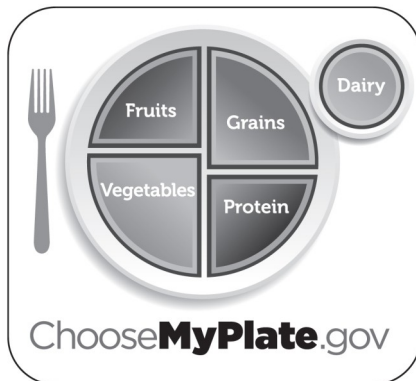
Zippy Noodle Casserole

1 pound lean ground beef
½ cup chopped onion
1 bag (12 ounces) medium egg noodles, uncooked
1 jar (14 ounces) spaghetti sauce
2 cups water
3 cups shredded reduced-fat mozzarella cheese

1. Preheat oven to 325 degrees. Coat a 9x13-inch baking dish with nonstick cooking spray.
2. In a skillet, brown the ground beef with the onions. Drain and rinse excess fat.
3. Spread uncooked noodles in the baking dish. Layer the beef and onions over the noodles.
4. Mix the spaghetti sauce and water in a saucepan. Simmer for 5 minutes. Pour sauce over meat and noodles.
5. Sprinkle mozzarella cheese evenly over top. Cover pan tightly with aluminum foil and bake for 1 hour.

Nutrition Note: This recipe makes 8 servings. Each serving has 400 calories, 14 grams of fat and 36 grams of carbohydrates.

GROWING HAPPY FAMILIES



Shop smart to eat smart.

Save money by offering foods that fit your budget.
Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.